

CURRICULUM OVERVIEW

Physical Fitness



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Physical Fitness Course Overview

Physical Fitness is a semester-length elective designed for high school students. The course focuses on the health benefits of regular physical activity and of a long-term exercise program.

As students work through the course, they will learn about the many aspects of physical fitness, including basic nutrition, the importance of flexibility, cardiovascular health, muscle and strength training, and realistic goal setting. Along the way, students will be required to maintain and submit an activity log in order to measure progress in course exercises, as well as in personal fitness goals.

Upon completion of Physical Fitness, students should possess the knowledge and skills needed to do the following:

- Analyze the key components of successful physical activity and use this analysis to determine if a program is reasonable and effective.
- Describe the three main types of physical activity that should be included in an exercise regime and the health benefits of each.
- Perform basic fitness exercises associated with the three main types of physical activity discussed in this course.
- Identify the main motivational strategies that can be used to help the student continue in positive fitness habits once this course is completed.

Unit 1: An Overview of Fitness		
Physical Fitness	Assignments	
	1. Course Overview	13. What is Nutrition?
	2. What is Physical Fitness?	14. Weight Control
	3. Why Should I Exercise?	15. Putting the Pieces Together
	4. Quiz 1: Physical Fitness and Exercise	16. Project: Food Analysis
	5. Alternate Quiz 1-Form A: Physical Fitness and Exercise*	17. Quiz 3: Basic Nutrition
	6. Alternate Quiz 1-Form B: Physical Fitness and Exercise*	18. Alternate Quiz 3-Form A: Basic Nutrition*
	7. Physical Benefits	19. Alternate Quiz 3-Form B: Basic Nutrition*
	8. Mental and Emotional Benefits	20. Special Project*
	9. Longevity	21. Review
	10. Quiz 2: Benefits of Exercise	22. Test
	11. Alternate Quiz 2-Form A: Benefits of Exercise*	23. Alternate Test-Form A*
	12. Alternate Quiz 2-Form B: Benefits of Exercise*	24. Alternate Test-Form B*
		25. Glossary and Credits

Unit 2: Flexibility Training		
Physical Fitness	Assignments	
	1. Daily Activity versus Planned Exercise	13. Correct Motion and Breathing
	2. Project: Using the Activity Log	14. Project: Upper Body Flexibility Exercises
	3. Warm-ups and Cool-Downs	15. Project: Lower Body Flexibility Exercises
	4. Quiz 1: Planning Daily Exercise	16. Project: Whole Body Flexibility Exercises
	5. Alternate Quiz 1-Form A: Planning Daily Exercise*	17. Unit 2 Activity Log
	6. Alternate Quiz 1-Form B: Planning Daily Exercise*	18. Special Project*
	7. Is Stretching Exercise?	19. Review
	8. Physical Benefits of Stretching	20. Test
	9. Project: Test your Flexibility	21. Alternate Test-Form A*
	10. Quiz 2: Stretching	22. Alternate Test-Form B*
	11. Alternate Quiz 2-Form A: Stretching*	23. Glossary and Credits
	12. Alternate Quiz 2-Form B: Stretching*	

Unit 4: Resistance Training	
Assignments	
1. What is Strength Training?	13. Quiz 2: The Resistance Training Workout
2. How is Muscular Strength Developed?	14. Alternate Quiz 2-Form A: The Resistance Training Workout*
3. Project: Test Your Muscular Strength and Endurance	15. Alternate Quiz 2-Form B: The Resistance Training Workout*
4. Quiz 1: Resistance Training	16. Unit 4 Activity Log
5. Alternate Quiz 1-Form A: Resistance Training*	17. Special Project*
6. Alternate Quiz 1-Form B: Resistance Training*	18. Review
7. A Combination of Resistance and Repetitions	19. Test
8. Project: Isolating the Upper Body	20. Alternate Test-Form A*
9. Project: Isolating the Lower Body	21. Alternate Test-Form B*
10. Project: Developing Your Core	22. Glossary and Credits
11. Project: Graded Resistance Exercise Performance	
12. Strength Training and Weight Control	

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Unit 6: Course Review and Exam			
Assignments			
1.	Review	3.	Alternate Exam-Form A*
2.	Exam	4.	Alternate Exam-Form B*

(*) Indicates alternative assignment